

3D KAMASUTRA POSITIONS

**“Satisfy Your Lover...
Or It’s OVER!”**


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Basic Kundalini Yoga

Here I will attempt to outline Kundalini Energy and how you can start to activate it by using some basic Kundalini Yoga: Kundalini Yoga could be described as the process of self-healing; it is the privilege of every human being. Self-healing is not a miracle, nor is it a question of being able to do something that another person cannot. Self-healing is a process that occurs through the relationship... [\[Read more\]](#)

Meditation

Meditation is the key to fulfillment, it allows us to take the time to clear the mind and put things in their proper perspective, and to allow us to seek and feel our inner self, the real person within each of us. Meditation can take many forms, essentially a quiet time for reflection in any way that suits the individual. My personal method is a quiet room that has no direct sunlight, at a time when... [\[Read more\]](#)

Kundalini Energy

Kundalini Awakening Now that you have come this far, you will find detailed information about opening or activating the Kundalini. Most of what you will read here is used in the teaching and practice of Reiki, Whilst the purpose is different, the end result, with practice, will be the awakening of spiritual energy. The text and diagrams are from a publication used for teaching Reiki students, but... [\[Read more\]](#)

Sex Positions From The Tao

The Chinese Tantric texts give all the positions that we have so far looked at but really only divide positions into four kinds; man on top, woman on top, couple side by side (and face to face), and man from behind. They called these ‘Yang Superior’, ‘Yin Superior’, ‘Intimate Attachment’ and ‘Fish Sunning Itself’. They suggested that lovemaking should... [\[Read more\]](#)

Sex Positions From The Perfumed Garden

There are eleven main lovemaking positions featured in The Perfumed Garden. Some of them are variations on positions we have already looked at. They are simply described as ‘Manner the First’, ‘Manner the Second’ and so forth. The Perfumed Garden does say that the positions that the Indian peoples use are more varied and better and goes on to describe them. We will look at these later.... [\[Read more\]](#)

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